

Lockdown

拍數: 64 牆數: 4 級數: Phrased Intermediate
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音樂: One of Them Girls - Lee Brice



Sequence: A A A, B, A A, B, A A, B, A
#32 Count Intro

Part A: 16 Counts

(1-8)

1, 2 Cross right over left, turn half counter clockwise
3, 4, 5, 6, 7, 8 Bump hips Right, left, right, right, left, right

(9-16)

&1, 2 Step right to right and cross right over left, Step right out to right making a $\frac{1}{4}$ clockwise turn and dragging left heel backwards
3 & 4 (Coaster step) Step right back, step left beside right, step right forward
5, 6 Walk forward left rocking body slightly to the right, Walk forward right rocking body slightly to the left
7 & 8 (Triple step full turn clockwise) Make a full turn clockwise stepping left, right, left

Part B: 48 Counts

(1-8)

1, 2 Step right to right, step left behind right
&3, &4 Step right to right and point left toe out to left, Step weight to left foot and step right over left
5, 6 Step left to left and pointing right toe "in" towards left foot drag toe making a $\frac{3}{4}$ turn clockwise, step weight on Right foot
7 & 8 Shuffle forward left, right, left

(9-16)

1, 2 Rock forward right foot, recover left
3, 4 Step $\frac{1}{4}$ clockwise right foot, Step half clockwise left foot pointing left toe to left
5 & 6 (Sailor step L, R, L) Step left behind right, step right to right, step left to left
7 & 8 (Sailor step R, L, R) Step right behind left, step left to left, step right to right

(17-24)

1, &2 Rock forward left foot, recover right, make $\frac{1}{2}$ turn counter clockwise stepping left foot forward
3, &4 Step right forward, pivoting $\frac{1}{2}$ counter clockwise and stepping to new wall on left foot, step right forward
5, 6 (Full turn clockwise R, L) Step forward Right turning $\frac{1}{2}$, Step backwards left turning $\frac{1}{2}$
&7, 8 Step left forward, use weight on right heel to turn $\frac{1}{4}$ right, step left to left

(25-32)

1, &2 Step right behind left, step left to left, step right over left
3, 4 Step left to left pivoting $\frac{1}{4}$ clockwise, step right forward
5 & 6 Shuffle forward left, right, left
7 & 8 Step Right forward pivoting $\frac{1}{2}$ counter clockwise, step left, step slightly forward right

****For 33-48, repeat counts 1-16 of part B starting on the opposite foot****

(33-40)

1, 2 Step left to left, step right behind left
&3, &4 Step left to left and point right toe out to right, Step weight to right foot and step left over right

5, 6 Step right to right and pointing left toe "in" towards right foot drag toe making a $\frac{3}{4}$ turn counter clockwise, step weight on left foot

7 & 8 Shuffle forward right, left, right

(40-48)

1, 2 Rock forward left foot, recover right

3, 4 Step $\frac{1}{4}$ counter clockwise left foot, Step half counter clockwise right foot pointing right toe to right

5 & 6 (Sailor step R, L, R) Step right behind left, step left to left, step right to right

7 & 8 (Sailor step L, R, L) Step left behind right, step right to right, step left to left
